

Chickpea Omelet

Diabetes Friendly

Items Needed: mixing bowl, fork or whisk, non-stick skillet, spatula

Serves: 1

Ingredients:

- ¼ cup chickpea flour
- 1/3 cup water
- 1 tbsp nutritional yeast (optional.)
- Pinch of salt
- ¼ cup chopped broccoli
- 2 tbsp chopped onions
- 2 tsp olive oil

Directions:

1. Dice onion and broccoli and set aside.
2. In mixing bowl combine the chickpea flour, water, nutritional yeast and a pinch of salt.
3. Over medium heat, add a tsp of olive oil and saute the onions and broccoli until they start to soften.
4. Add one tsp of oil to the pan and pour the chickpea mix over the veggies. Allow to cook through like a traditional egg omelet and finish with some pepper.
5. Flip to cook the opposite side and fold over on a plate.

Nutrition Information (per 1 omelet):

Calories: 242 Fat: 15.1 g Carbs: 18.2 g Protein: 8.9 g Fiber: 4.4 g Sodium: 308 mg

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